

components
valentine



CAMBRIDGE

C · O · U · R · T

Assisted Living and Memory Care Community

711 Matador Lane • Mesquite, TX 75149 • (972) 285-9800

February 2011

CAMBRIDGE COURT STAFF

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Dietary Supervisor

Jose Vasques

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Welcome New Residents

The residents and staff of Cambridge Court would like to welcome the newest members of our family.

Bette Dyer

Billie Shields

Nita Calloway

Mary Taylor

Melba Prestridge

Pauline Chinske

Gordon Bayles

Avis Hodges

Terry Norton

Joseph Moore

Geraldine Goodman

Rebecca Rich

Enjoy your "Welcome Book", which is full of many answers to questions you might have. Feel free to ask the staff to assist you.

You Can Truly Love to Recycle

Love the environment by using the Valentine's Day cards you receive for other occasions. Cut and paste words, pictures, etc., from the cards to create new, original greetings, ornaments or other crafts. People purchase more than 7 billion valentines annually, but they don't recycle nearly enough of them. Use this opportunity to positively impact the environment.

Go Red for Women

February is National Heart Month, and the American Heart Association focuses on women and heart disease. Wear Red Day (the first Friday in February) is designated to increase awareness of cardiovascular diseases that claim the lives of nearly 500,000 women each year.



Seasonal Selections

Make up for eating all that valentine candy by loading up on fruits and vegetables. Here's what's fresh in February.

Vegetables: Broccoli, Brussels sprouts, cabbage, cauliflower.

Fruits: Grapefruit, oranges, lemons, papayas.

Silence the Stress

Loud noises trigger your body's production of cortisol, a stress hormone that has been linked to increased belly fat, high blood pressure and even heart disease. If you can't remove yourself from loud places, try foam earplugs or white noise machines to lessen the din.

Positive Thought

"Positive anything is better than negative nothing." —Elbert Hubbard

Miracle on Ice

On Feb. 22, 1980, the U.S. hockey team defeated the USSR in the semifinals of the Olympics.





Trivia Whiz

First Lady Facts

Presidents get lots of glory. First ladies, however, are subject to the same public scrutiny without ever having run for office. Presidents' wives are known for promoting causes important to them. Most recently, Michelle Obama has campaigned against childhood obesity, and Laura Bush advocated for education and women's health.

The press dubbed the first first lady, Martha Washington, "Lady Washington." President Zachary Taylor is credited with coining the term "first lady" while eulogizing Dolley Madison in 1849. An 1877 newspaper article called Lucy Hayes "first lady," bringing national attention to the moniker.

Abigail Adams and Barbara Bush were both first ladies and first mothers, having husbands and sons who were presidents.



Happy Birthday

John Briggs, Feb. 3
 Lorraine Sanky, Feb. 4
 Ioma Dean, Feb. 8
 Georgia Kelly, Feb. 9
 May Whatley, Feb. 15
 Gloria Halton, Feb. 16
 Darline Owens, Feb. 17
 Francis Payne, Feb. 17
 Johnnie Black, Feb. 18
 Vera Hanks, Feb. 19
 Samuel Croom, Feb. 21
 Floyce Gandy, Feb. 27
 Raymond Krueger, Feb. 29

The Great Bambino's Birth

George Herman "Babe" Ruth Jr. was born Feb. 6, 1895, in Baltimore, Md.

Word for February: Frigid

The chill in the air can chill you to the bone with February's "frigid" temperatures. Defined by www.Merriam-Webster.com as "intensely cold and lacking warmth," it's no wonder people play indoors this month. Fight off winter's frigid frost with a steaming bowl of soup or chili or a mug of hot cocoa. Or simply cozy up to that special someone and snuggle during February's month of love.

BRRRR ... Bundle Up!

Whether you're walking your dog, going to the car or visiting a neighbor, don't forget to exercise caution. This winter weather is serious business! Take the time to put on a coat, gloves or whatever you need to stay warm.



Life Styles

Relax, and Help Manage Pain

Relaxation techniques can be a means to help those living with pain lessen the aches and stress associated with chronic pain. It can also encourage sufferers to take a more involved role in their treatment and gain back some control. The University of Maryland offers these techniques:

Deep breathing: Take a long, slow breath for eight to 10 seconds (or as slowly as possible), hold it for one or two seconds, then slowly release.

Guided imagery: Close your eyes

and visualize a peaceful place.

Progressive relaxation: While sitting or lying down, consciously relax muscles, one at a time, from your toes to your head.

Quiet ears: Lie down with your hands beneath your head, then cover your ear canals with your thumbs to block out sound. Hold this for 10 to 15 seconds.

Toe tensing: Lie down, point your toes toward your head and hold for 10 seconds. Then relax the toes and repeat.





Fact or Fiction: Myths About the Common Cold

In the thick of cold and flu season, people will believe just about anything in order to feel better and prevent any icky encounters. But does science back the advice you've been following for years? Here are some common cold remedies and prevention techniques from *WebMD.com* and the truth behind their claims:

Claim No. 1: Washing hands is critical. Fact: Colds are spread by touching someone or something with cold-causing viruses and then touching your nose, eyes or mouth. Wash hands thoroughly and often.

Claim No. 2: Feed a cold, starve a fever. Fiction: There's no solid evidence that colds get better with food or that you shouldn't eat when feeling feverish. It's more important to listen to your body and eat when you're hungry.

Claim No. 3: Bundle up or you'll catch a cold. Fiction: While colds are more common in colder seasons, you can't catch one from low temperatures.

Claim No. 4: Taking a shower will make you feel better. Fact: A hot shower can loosen clogged nasal passages to help you breathe.

Claim No. 5: You'll catch a cold by going outside with wet hair. Fiction: A wet head will just make you cold. It won't give you a cold.

The Great Emancipator

Our 16th President, Abraham Lincoln, was born Feb. 12, 1809, near Hodgenville, Ky.

Bye, Bye Dry Skin

Chilly winter weather means lots of time indoors with the furnace fired up. Dry, forced-air heat can lead to flaky skin and chapped lips. But you can defend your skin from the brutal elements.

Shower power. A long, hot soak in the tub feels great on a cold day, but hot water can dissolve skin's natural oils. A better bet is a short, lukewarm shower with a moisturizing soap or body wash. Go easy on the soap—too much can dry the skin.

Rub it in. Moisturizers come in four forms: ointment, oil, cream and lotion. Ointments are the most emollient and work well on areas prone to flaking, such as feet, knees and elbows. Oils, creams and lotions work best when applied immediately after a shower. Fragranced or medicated products can be irritating, so use them with caution.

Nurture your nails. Dry air also parches fingernails. Massage cuticle cream into nail beds to avoid painful hangnails. Rub hand lotion into fingernails, too, to help prevent peeling and splitting.

Pucker protection. Exposure to harsh weather puts lips at risk for chapping. Licking the lips makes matters worse—the evaporation of moisture exacerbates the dryness. Apply lip balm frequently to keep lips soft and soothed.



American Heart Month Supports Healthier Lives

Cardiovascular diseases are our nation's No. 1 killer. During February's American Heart Month, thousands of volunteers for the American Heart Association raise funds for research and education. To get involved or learn more about heart disease and stroke, visit www.AmericanHeart.org.



Wit & Wisdom

"In a great romance, each person basically plays a part that the other really likes."
—Elizabeth Ashley

"Romance is thinking about your significant other when you are supposed to be thinking about something else."
—Nicholas Sparks

"They spoil every romance by trying to make it last forever."
—Oscar Wilde

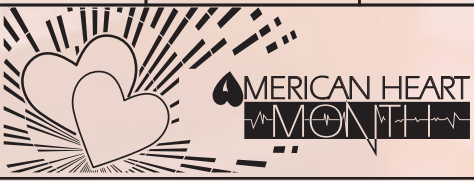
"Youth cannot imagine romance apart from youth."
—Booth Tarkington

"Romance is a love affair in other than domestic surroundings."
—Sir Walter Raleigh

"Romance is everything."
—Gertrude Stein

"Real love stories never have endings."
—Richard Bach

February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		10:00 Exercise 1 10:45 Current Events 11:00 Reading/Trivia 2:30 Bingo 6:00 Music	 2	CHINESE NEW YEAR 3 10:00 Exercise 11:00 Reading/Cheryl 1:30 MISD Bingo 3:00 Manicures	4 10:00 Exercise 10:30 Current Events 11:00 Reading/Trivia 2:30 Social Hour	5 1:00 Era Music 2:30 Ice Cream Social 3:00 Movie "An Affair to Remember" FAMILY VISITS	
 6	7 10:00 Exercise 1:00 Reading/Cheryl 11:30 Music 2:00 WALMART	8 10:00 Exercise 11:15 Reading With Cheryl 1:30 Food Meeting 2:00 Resident Meeting 2:30 BINGO	9 Wii Game 10:30 Music on the Move 1:00 Wii Game 3:00 Joy's Game	10 10:00 Exercise 11:00 Reading With Cheryl 1:30 MISD Bingo 3:00 Manicures 4:30 IHOP	11 10:00 Exercise 10:30 Current Events 11:00 Reading/Trivia 2:00 "Random Acts of Kindness"	12 1:00 Era Music 2:30 Ice Cream Social 3:00 Movie "Darling Lili" FAMILY VISITS	
12:30 "PLUS" VIDEO 1:30 Bingo 3:00 Lakepointe Bible Study FAMILY VISITS 13	VALENTINE'S DAY 14 10:00 Exercise 1:00 Reading/Cheryl 2:00 Sweet Heart Party/ Melani Skybell	15 10:00 Exercise 10:45 Current Events 11:15 Reading With Cheryl 2:30 Bingo 4:00 Music	16 Wii Game 10:00 Exercise 11:00 Reading 2:00 February Birthday Party	17 10:00 Exercise 11:00 Reading With Cheryl 1:30 MISD Bingo 3:00 Manicures 4:00 Music	18 EASTFIELD COLLEGE VOLUNTEER DAY 10:00 Exercise 11:00 Reading/Trivia 2:30 Social Hour	19 1:00 Era Music 2:30 Ice Cream Social 3:00 Movie "Till the Clouds Roll By" FAMILY VISITS	
10:00 Cowboy Church 1:30 Bingo 3:00 Lakepointe Bible Study FAMILY VISITS 20	21 PRESIDENTS' DAY 10:00 Exercise 11:00 Reading/Cheryl 2:00 WALMART 3:00 Arts/Crafts	22 10:00 Exercise 10:45 Current Events 11:15 Reading With Cheryl 2:30 Bingo 4:00 Music	23 Wii Game 10:00 Exercise 11:00 Reading 1:00 WII GAME 2:30 Minute to Win It	24 10:00 Exercise 11:00 Reading With Cheryl 1:30 MISD Bingo 3:00 Manicures 4:30 Dairy Queen	25 10:00 Exercise 10:30 Current Events 11:00 Reading/Trivia 2:30 Social Hour	26 1:00 Era Music 2:30 Ice Cream Social 3:00 Movie "The Marriage Counselor" FAMILY VISITS	
12:30 "PLUS" VIDEO 1:30 Bingo 3:00 Lakepointe Bible Study FAMILY VISITS 27	28 10:00 Exercise 1:00 Reading/Cheryl 11:30 Music 2:00 WALMART 3:00 Crafts						

Be My Valentine Word Search February

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| Arrow | Heart |
| Candy | Hug |
| Card | Kiss |
| Cupid | Love |
| February | Red |
| Flowers | Roses |
| Friends | Sweet |
| Groundhog | Valentine |

G V A L E N T I N E F D R A C
O F R U O X C O S R E W O L F
H E P J V V R Q P B A S A R
D E W R D N E R I C R J E F I
N K A N S B B I X R U C S J E
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O R L S T A K W V N R B I K D
R X I L I E T O D E Y G M D S
G U H H T L E Y S A F H C T O
S F C P D I U W S Z K D E M R
G F O B X Y I V S I U T K K P
U K Y Z S B D R K S T J C K K
W W Z K U B L I D U I G O B X
C E Z X P X F H K B U K C A A